

The Energy Within

Pick Up the Stone, Put Down the Doubt

Your June 2026 Crystal Reference Guide

June 2026 · Coming Into Your Own · Crystal Product Guide

Four stones. One month. One invitation: stop shrinking, start showing up. This guide is your quick reference for working with each stone intentionally throughout June.

Rose Quartz

Coming Home to Yourself

<p>Chakra Association Heart Chakra (Anahata)</p> <p>Key Properties Self-love · Emotional healing · Heart opening · Self-worth · Compassion</p>	<p>How to Use in June Hold over your heart during breathwork and meditation. Carry on days when you tend to dim yourself.</p> <p>Monthly Intention <i>"I am worthy of the same love I give away so freely."</i></p>
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Rhodonite

Brave Enough to Be Seen

<p>Chakra Association Heart Chakra · Root Chakra</p> <p>Key Properties Emotional regulation · Forward movement · Boundary awareness · Healing into action · Confidence</p>	<p>How to Use in June Hold in your non-dominant hand during the heart-opening practice. Keep at your workspace as a reminder to act from your healed heart.</p> <p>Monthly Intention <i>"I trust myself to take the next step."</i></p>
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Sunstone

Your Inner Radiance, Activated

<p>Chakra Association Solar Plexus · Sacral Chakra</p> <p>Key Properties Joy · Authentic expression · Personal power · Confidence · Warmth · Self-definition</p>	<p>How to Use in June Place where it catches natural light. Carry to social or creative situations where you want to feel at ease in your own skin.</p> <p>Monthly Intention <i>"My light doesn't diminish others — it simply adds to what's already present."</i></p>
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Citrine

Worthy of Abundance

<p>Chakra Association Solar Plexus Chakra</p> <p>Key Properties Self-worth · Abundance mindset · Courage · Warmth · Manifestation · Positivity</p>	<p>How to Use in June Place in your creative or work space. Write your June intention and place it beneath the stone to anchor your commitment.</p> <p>Monthly Intention <i>"I am allowed to receive what I have been quietly working toward."</i></p>
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Working With All Four Together

These four stones form a complete support system. Place them together on your altar or workspace with this collective intention:

"These stones support my willingness to be fully present, fully seen, and fully myself this month."

Suggested Crystal Arrangement

Arrange in a diamond formation, with your intention written on paper beneath the center. Reset weekly with moonlight, sunlight, or sound cleansing.

Cleansing & Charging Your Stones

Moonlight: Place on a windowsill or outdoors overnight during a full or new moon.

Sunlight: A few hours in natural sunlight (note: some stones fade with extended sun exposure — brief is best).

Sound: Use a singing bowl, chime, or tuning fork near your stones to clear and reset their energy.

Intention: Hold each stone, take a breath, and visualize it cleared and recharged — simple and always available.

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